



SEPTEMBER 2020

Bartow County Middle School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31 Breakfast Sausage Bites with Gravy Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Manager's Choice Entrée French Fries Carrots</p>	<p>1 Breakfast Goodybun Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Quesadilla Pizza Refried Beans or Seasoned Black Beans Veggie Dippers</p>	<p>2 Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Beef Ravioli with Breadstick Steak Fingers with Breadstick Mashed Potatoes Side Salad Dinosaur Eggs </p>	<p>3 Breakfast Chocolate Oats Breakfast Bar with Cheesestick Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Beef and Cheese Nachos Corndog Pizza Carrots Broccoli Dippers</p>	<p>4 Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch BBQ Sandwich or BBQ Plate Popcorn Chicken with Roll Baked Beans or Chickpea Salad Coleslaw or Peas & Carrots</p>
<p>7</p> <p></p>	<p>8 Breakfast Sausage Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Mac & Cheese with Breadstick Pizza Corn Broccoli & Tomato Salad or Broccoli Dippers</p>	<p>9 Breakfast Donut or Donut Holes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch French Toast Sticks & Cheese Omelet Boneless Chicken Wings or Tangerine Chicken Bites with Roll Tater Tots Side Salad</p>	<p>10 Breakfast Chicken & Waffles Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Parmesan Sub Chicken Nuggets with Roll Pizza Green Beans Veggie Dippers</p>	<p>11 Breakfast Pancakes with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Hotdog Crispy or Grilled Chicken Sandwich Seasoned Black Beans or Blackeyed Peas Carrots</p>

NUTRITION NEWS: hydration

Our bodies require water for every single function. We need water in order to sweat and rid our bodies of toxins. Water also helps send oxygen to our muscles & brain so that we can learn & grow!

70%

of our bodies are made of water. Water is important for our eyes, skin, muscles, and digestion.

8

cups of water are needed every day. You need more if you are physically active, sweat, or live in hot regions.




75%

of Americans are dehydrated, which causes headaches, fainting, or cramps. Fill up on water to prevent this from happening to you!

Let's celebrate World School Milk Day on September 30th!

- Milk, along with other dairy foods, improves bone health in children and adolescents.
- Chocolate milk is full of protein and electrolytes that keep you hydrated and ready for exercise and sport activities!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>14 Breakfast Sausage Bites with Gravy Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Crispy Chicken Drumstick with Biscuit Fish Filet Sandwich French Fries Carrots</p>	<p>15 Breakfast Goodybun Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Quesadilla Pizza Seasoned Black Beans or Refried Beans Veggie Dippers</p>	<p>16 Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Beef Ravioli with Breadstick Steak Fingers with Breadstick Mashed Potatoes Side Salad</p>	<p>17 Breakfast Chocolate Oats Breakfast Bar with Cheesestick Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Beef and Cheese Nachos Corndog Pizza Carrots Broccoli Dippers</p>	<p>18 Breakfast Chicken Biscuit Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch BBQ Sandwich or BBQ Plate Popcorn Chicken with Roll Baked Beans or Chickpea Salad Coleslaw or Peas & Carrots</p>
<p>21-23</p> <h1 style="font-size: 2em; margin: 0;">FALL BREAK</h1>			<p>24 Breakfast Chicken & Waffles Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Parmesan Sub Chicken Nuggets with Roll Pizza Green Beans Veggie Dippers</p>	<p>25 Breakfast Pancakes with Sausage Link Cereal with Pop-Tart, Toast, or Muffin</p> <p> Lunch  Hotdog Crispy or Grilled Chicken Sandwich Seasoned Black Beans or Blackeyed Peas Carrots</p> <p style="color: red; font-weight: bold;">Georgia Crunch 4 Lunch</p>
<p>28 Breakfast Sausage Bites with Gravy Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Crispy Chicken Drumstick with Biscuit Fish Filet Sandwich French Fries Carrots</p>	<p>29 Breakfast Goodybun Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Chicken Quesadilla Pizza Seasoned Black Beans or Refried Beans Veggie Dippers</p>	<p>30 Breakfast Mini Pancakes Cereal with Pop-Tart, Toast, or Muffin</p> <p>Lunch Manager's Choice Entrée Mashed Potatoes Side Salad</p>	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">AVAILABLE DAILY</p> <ul style="list-style-type: none"> All meals include a choice of flavored or unflavored milk and assorted fruit choices. Oatmeal or Strawberry Yogurt with Keebler Elf Grahams or muffins may be available as an additional breakfast option daily. Pepperoni, Cheese, Buffalo, and/or Meat Lover's Pizza, and/or Pizza Sticks available Tuesdays and Thursdays. <div style="text-align: center; margin-top: 10px;">  Follow Us @bartowcountyschoolnutrition </div>	